



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*"Caring about others, running the risk of feeling, and leaving an impact on people,
brings happiness. ~ Harold Kushner*

Caregiver Tip: Stress Management for Caregivers

Many caregivers have a multiple responsibilities, in addition to caring for an older adult. An estimated 66 percent of caregivers are employed and many also care for young children. Caregiving can increase emotional and physical stress. Below are tips to help manage stress and avoid burnout.

- **Find community resources:** The Division of Aging and Adult Services (DAAS) has services and information for older adults, their families and persons with disabilities.
- **Find support:** DAAS offers a monthly support group for caregivers. Connect with other caregivers and learn strategies to help you manage day to day care. Call the DAAS resource line at 703.746.5999 or visit their website at www.alexandriava.gov/aging to learn about services and resources.
- **Relaxation techniques:** There are simple techniques that don't require a lot of time, such as closing your eyes and breathing slowly while thinking peaceful thoughts.
- **Physical activity:** Any type of movement has been proven to improve health and reduce stress.

For more information on how to manage stress, read [Tips to Manage Stress](#).

Resources:

[How To Stay Fit and Safe at Home:](#) Friday, November 2, 2018 at 10 a.m., sponsored by Senior Services of Alexandria and the Northern Virginia Fall Prevention Alliance. 3830 Seminary Road, Alexandria. Call 703.836.4414, extension 110 or visit www.seniorservicesalex.org.

Caregiver Support
Group

Wednesday,

November 7, 2018

4-5:30 p.m. at the

Alexandria Adult Day

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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